

HELPFUL PHONE NUMBERS

EMERGENCY.....911

MANCHESTER POLICE DEPARTMENT:

Domestic Violence Unit..... 668-8711
ext. 366

CITY OF MANCHESTER:

Manchester District Court..... 624-6510
Domestic Violence Unit..... 628-6379
City Prosecutors 624-6523

HILLSBOROUGH COUNTY:

Superior Court..... 669-7410
County Attorneys 627-5605

HUMAN SERVICES:

YWCA Crisis Service..... 625-5785
YWCA 24-Hour Crisis Line 668-2299
Elderly Services..... 668-2330
Families in Transition..... 641-9441
Help Line 1-800-852-3388
DCYF 1-800-894-5533
NH Victim's Assistance
Commission 1-800-300-4500
Elliot Hospital 669-5300
Catholic Medical Center 668-3545
Manchester Mental Health 668-4111

CORRECTIONS AND PROBATION:

Probation/Manchester Office 668-0432
Federal Probation 225-1515
Valley Street Jail 627-5616
State Prison..... 271-1801

Manchester Police Domestic Violence Unit

RALPH MILLER PUBLIC SAFETY CENTER
351 Chestnut Street, Manchester, NH 03101

*We strive to lessen the destructive impact
of domestic violence in the community*

domestic violence

**What
you
should
know...**

Domestic abuse knows

no boundaries; men,

children, and elderly,

regardless of race,

class, sexual orientation

or economic status,

are also victims.

It is a crime for anyone
to assault or threaten you,
even if that person is a spouse,
ex-spouse, boyfriend, girlfriend,
family member, someone you
are dating or someone you
have once dated.

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DOMESTIC VIOLENCE LAWS

*You should notify the police
immediately if you have been
a victim of the following
crimes:*

- Assault (631:2-a)
- Threats (631:4)
- Stalking (633:3-a)
- Harassment (644:4)
- Obstructing the Report of a
Crime (642:10)
- Criminal Mischief (634:2)
- Criminal Restraint (633:2)
- False Imprisonment (633:3)
- Violation of a Protective Order
(173:B-8)
- Sexual Assault

*Domestic violence crimes are not limited
to those listed above. If you have any
questions call **668-8711 ext. 366**.*

*If you witness a domestic
assault or are aware of an
ongoing domestic situation,
report it immediately!
You may save someone's life!*

Domestic Violence Petition

restraining ORDER

Everyone has the right to be protected. A restraining order is one tool to keep you and your children safe.

Anyone in fear of abuse by a family member, current or former intimate partner may qualify for a restraining order.

HOW TO OBTAIN A RESTRAINING ORDER:

- Go to **Manchester District Court**, 35 Amherst Street, or **Hillsborough County Superior Court**, 300 Chestnut Street, Manchester, NH. If you are not a resident of Manchester, go to your *local courthouse*. If the court is closed, you may go to the police department for an emergency restraining order.
- Fill out appropriate paperwork, providing as much information as possible. Once the court has issued the temporary order, read and be familiar with the order and how it works. **Keep a copy with you at all times.**
- A date for a hearing will be scheduled. You must attend this hearing and bring any evidence that you may have to support your petition. The judge will hear both sides and decide if the restraining order will be granted for a one-year period.

It is a crime for anyone to assault or threaten you, even if that person is a spouse, ex-spouse, boyfriend, girlfriend, family member, someone you are dating or someone you have once dated.

safety FIRST

Your safety and the the safety of your children are most important. You know your abuser best. Here are some suggestions to help increase your safety:

SAFETY DURING A VIOLENT INCIDENT:

- If you feel an argument coming on, move to a room with more than one exit. Stay away from rooms that may have weapons (bathroom, kitchen and garage).
- Keep keys and purse ready to leave quickly. (Make an extra set of keys.)
- Practice getting out of your home safely; become familiar with doors, windows, fire escapes, elevators and stairwells.
- Have a bag packed and ready at a friend's or relative's house. Identify and plan where you will go in an emergency.
- Tell someone close to your home about the violence. Instruct them to call the police if they hear a disturbance.
- Plan a "code word" with the children, family and friends so they know to call for help.
- If you feel a situation is dangerous, consider giving the abuser what they want to keep them calm.

SAFETY WHEN PREPARING TO LEAVE:

Leaving the abusive individual is the most dangerous time.

- Review your safety plan often.
- Leave extra keys, important documents, medicine and clothing with someone you trust.
- Get your own post office box.
- Save money, open a savings account.
- Think of ways to increase your independence.
- Identify who you will stay with.
- Determine who will lend you money if needed.

- Keep shelter and important numbers close.
- Have change available to make calls.
- Using a calling card will show up on your phone bill.

SAFETY IN YOUR HOME:

- Change all locks immediately.
- Review a safety plan with all members of the household.
- Inform your children's caregivers who has permission to pick up the children.
- Keep a cordless phone charged and with you at all times.
- Purchase or obtain a cell phone.

SAFETY WITH A PROTECTIVE ORDER:

- Keep a copy of the protective order with you at ALL TIMES.
- Give a copy to a trusted friend, neighbor or family member.
- Report any violation immediately to the local police.
- Think of ways you can keep safe until the police arrive.
- Inform coworkers, schools, health care providers and neighbors of the restraining order.

GENERAL SAFETY INFORMATION:

- Always be aware of your surroundings.
- Ask someone to escort you to your car, the bus, etc.
- Vary your schedule and routes of travel.

MPD Domestic Violence Unit

we can HELP

The Manchester Police Department Domestic Violence Unit is here to help.

The unit, consisting of a sergeant, two detectives, clerk, advocate and DART (Domestic Abuse Response Team), can provide:

- Referrals
- Cellular phone
- Emergency restraining orders
- Information regarding signing complaints
- Information concerning upcoming or ongoing court cases
- Assistance in criminal investigations

Although domestic violence doesn't discriminate, approximately 95% of the victims of domestic violence are women.

*– The National Clearinghouse
for the Defense of Battered Women
Ruth Peach, M.D., 1998*

**Call the Domestic Violence Unit at
668-8711 ext. 366**

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